Study of Sports facilities and Sports Excellence in Colleges Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University

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Synopsis

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Chapter – I

Introduction

Sports and games are very important for us. They keep us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity. Sports and games help in character building. They give us energy and strength. Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness. They shape our body and make it strong and active. They give us energy and strength. They remove tiredness and lethargy. They improve blood circulation. This improves our physical well-being.

Sports and games improve our capability. They improve our efficiency. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Sports are integral part of education. Education without sports is incomplete. Keeping their value in life, children are taught some sorts of games in the very early stage in school. These days' sports are a part of academic curricula.[1]

Sports are particularly important for the youth. They help in their physical and mental growth. They contribute in the formation of character. They inculcate in them good values. It is therefore, sports competition is held at school and college levels. The students who perform well in this competition are promoted to play at the national and international level. Thus sports help in career growth also. Moreover, sports and games give us opportunity to grow in life. These days' sports have been commercialized. They have become a good means of earning. The sports person who does well in sports is showered with name, fame and wealth. He becomes a hero overnight. Sports have great potential to offer career

[1] Wuest, D.A., Bucher, C.A. (1995). Foundations of Physical Education and Sport. St. Louis, MO: Mosby.

opportunities. So we should take them very seriously from the very early age of our life. Sports are good means of earnings. Sports offer opportunity to prove talents. Thus, sports have great value in life. Sports facilities are being developed in rural and semi-urban areas. There are playgrounds in villages. **Sports infrastructure** are being developed everywhere so as to promote them. Various sport organizations are also doing well in promotion of sports.

Role of Sports in Our Life

It was man's desire for a healthy pastime and a method of self-evaluation and competition that gave birth to sports. Sports have been part of humanity from the earliest chapters of history. The games played in Egypt and Mayan civilizations prove this. Football, hockey and rugby are followed as religions, whereas the athletic meets are always full of celebrations. Sports have been an integral part of our generation from early childhood. However, the statement does not stand true in the present scenario anymore, as the new age kids have moved their playgrounds to cyber world, thus losing out on all the fun and learning experience.

Significance of Sports in Our Life

Physical fitness combines good health and physical development. The object of any program of physical fitness is to maximize an individual's health, strength, endurance, and skill relative to age, sex, body build, and physiology. These ends can only be realized through conscientious regulation of exercise, rest, diet, and periodic medical and dental examinations. Exercises need to be regular and vigorous. Popular exercise methods include jogging, cycling, and the use of body-building machines. Furthermore, like exercises, it is important that periods of sleep should also be regular and restful than that they extend any fixed number of hours.

Regular activity has a number of proven, positive health effects, especially on heart health. Vigorous exercise strengthens the heart as a pump, making it a larger, more efficient muscle. All these effects translate into reduced risk for heart disease, heart attack, and stroke. Exercise can also offer other benefits, including strengthened muscles, increased flexibility,

and stronger bones, which can help ward off the bone-thinning condition called osteoporosis. Regular activity also promises mental-health benefits, like relieving stress and anxiety. It can help you sleep better and renew your energy. Virtually everyone can get health benefits from activity. But every few years, surveys confirm the well-known fact that most people aren't active enough, which is not the case with sportspersons.

One of the most important benefits of physical activity is that it actually lessens a person's risk of developing or dying from many of the most common causes of serious illness and death. The risk of developing colon cancer, heart disease, high blood pressure, and diabetes is reduced through regular physical activity. Being physically active has also been proven to help build healthy bones, joints, and muscles. Furthermore, regular physical activity reduces the overall risk of dying prematurely from any cause.

Apart from numerous advantages, other benefits of physical activity and exercise include increased cardiovascular fitness, muscle strength, flexibility, energy, and bone mass. Physical activity is regarded as an essential element in maintaining and improving the quality of life. This places physical education in an increasingly important position as a vehicle for individual fulfilment, health and community development. The exchange of experience interpreted and evaluated in the light of the individual circumstances of each country, therefore will lend strength and support to promote physical education and sport in school, Community and in society. In the past decade, theories about sport-fitness methodologies have changed significantly. Today’s cutting-edge coaches no longer focus primarily on brute strength. Instead, movement patterns that are similar to the specific sport have become the foundation of most conditioning programs. This is based on a concept called the “pattern recognition theory of motor learning,” which states that the brain does a better job at memorizing movement patterns than it does simple muscle isolations.

For a long time, sports have been viewed as a way to stay healthy and in shape, but their importance goes much further. As a matter of fact, playing sports teaches life lessons like discipline, responsibility, self-confidence, accountability, and teamwork. Studies have

shown that exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulated creativity, and better-developed problem solving skills. In short, playing sports helps your brain grow and makes it work better.[2]

From a social standpoint, sports are a powerful tool that brings people together and creates a sense of community. They develop connections that bond together people from all walks of life. In addition to that, exercising is a great way to get out of the stressful college life that is all about homework, presentations, and group projects. In fact, playing sports helps students relax and reduce their anxiety. I personally think that I would go crazy without going to the gym at least three times a week. Health care professionals recommend physical activity as a key ingredient to any stress-management activity.

The reason most students do not play sports is because they feel lazy about it and don't have the energy for it. However, the belief that the intense exercise of playing sports will leave you exhausted has been proven wrong by research. Because exercise pumps more oxygen through your blood and makes your entire system more active, the benefits of playing sports actually include giving you more energy to accomplish everything else you need to do to manage your busy college schedule. To sum up, playing college sports has some serious benefits. Besides just being fun, sports can help you perform better in school, relax more and worry less, deal with setbacks, work better with others and increase your energy — all of which helps you balance school and everything else going on in your life.

Sports Facilities for Colleges

Sports facilities are not just for apartment complexes, community recreation centers, and hotels. Another popular place to find them is on the campus of a college or state university. On-campus facilities also benefit colleges and universities in countless ways and make a huge impact on the communities around them.

[2] https://sportadvisory.com/how-on-campus-sports-facilities-benefit-colleges/

Sports Facilities Result in More Active Students and Faculty

The truth is, if academic institutions have a sports facility on campus and promote it well, students and faculty will take advantage of its convenience. And more active students and faculty means healthier lifestyles for everyone. Having a sports facility within walking distance of the dormitories and other common areas will encourage students and faculty to be more active, engage in team sports with their peers, and attend intramural games on campus. Moreover, the sports facilities on campuses of colleges and universities also allow for event hosting of other types. Whether it's an indoor fair, a high school game, or a university club event, sports facilities are much more than just a place to work out or play basketball they are also multi-purpose spaces that can be repurposed as needed.

Attract More Prospective Students and Visitors

Students and visitors are more likely to choose a college or university that provides amenities such as an on-campus sports facility. Being able to provide sports facilities for students and community members also shows a diligence and dedication on your part, emphasizing the fact that you want students to be happy and healthy. Sports facilities can truly expand opportunities, impact the on-campus culture, and encourage healthy habits on a college campus.[3]

Importance of sports facilities

Sometimes, cultural differences can cause some problems in community relations and in workplaces. Participating in group activities can help to increase cohesion in both the community and the workplace. Sports tourism also brings more cultural diversity to many types of different events. Sports facilities can hold large tournaments that can bring people from neighbouring towns and villages. This increase of people can help bring more revenue into the town or village a few times a year. Local businesses can also see an increase in revenue during these large events. The benefits of sports facilities not only help the body, but

[3] http://www.schoolsplus.co.uk/lutonsfc/2016/07/24/five-reasons-sports-facilitys-important/

they also create a less stressed mind. Another benefit to the mind is overall happiness; People who exercise regularly are more than twice as likely to consider themselves happy.[4]

The Importance of Facility Management in Youth Sports

Many young athletes, parents, and coaches do not stop to think about all that goes into executing a tournament for the youth. One of those steps is an athletic facility management plan. If one is involved with an athletic facility for youth sports, having a management plan in place is of utmost importance. Management plans have a vast array of benefits, including optimum financial and social returns, generating support from the community and volunteers, providing needed and relevant services, having a sense of ownership, and above all decreasing legal risk. Athletics are no stranger to tort law. Many athletic facilities, coaches, owners, volunteers and athletes have had their day in court due to the lack of an effective facilities management plan.[5]

Creating the Plan

In every sports or recreation facilities, it is the facility manager who is responsible for creating the facility's plan. The administrator should seek the input and approval of staff, volunteers, and in some cases athletes and their parents. This makes it more of a team and community project, and can bring up topics and concerns the facilities manager may not have considered otherwise. The manager can also seek input from various clubs and sporting associations, local government, a legal team, or a medical team. Once in place, the management plan will need to be reviewed regularly and amended as necessary. The process may initially be one of trial and error.

Indoor Facilities

Facilities located indoors should be inspected daily for unsafe playing conditions, such as ceiling leaks, wood splinters, warped boards on the playing floor, lights that are burnt out, etc. If a certain repair or replacement is needed, the person doing the inspections should

[4] http://www.med.umich.edu/yourchild/topics/sportsaf.htm

[5] http://athleticadminonline.ohio.edu/resources/articles/the-importance-of-facility-management-in-youth-sports/

submit a written report to notify the administrator or manager, as well as the engineering team, as to what is needed.

Outdoor Facilities

Outdoor facilities need to be checked on a regular basis, as should be outlined in the facilities management plan. Staff and coaches should check for holes, any low spots, large rocks, the integrity of fences and benches, and the presence of floods or standing water. As per the plan, there should be a system in place for such problems to be reported and quickly resolved.

Proper Equipment

Facilities staff and coaches should also be responsible for making sure the proper equipment is available and in good working condition. Allowing players to use equipment that is not up to par for safety can lead to injuries and accidents for which the facility and its staff will be responsible. The facilities management plan should dictate how and when equipment is checked and the procedures for getting equipment repaired and taken out of play. This plan should also include sanitizing where necessary. Sports facilities should have a facility management plan in place that reduces the risk for all involved in youth sports, from parents to custodians, coaches to spectators. When a solid plan is in place and everyone knows their role in reducing the risk, the chance of adverse outcomes decreases significantly.

Significance of the Study

In view of the above, the sports facilities seem to play a vital role in the overall performance of the sportsperson. The physical fitness and physical performance is necessary for developing the health as well as the confidence in today's cut throat competition at all the levels. Moreover, nobody can take good health, physical fitness and excellent sports performance for granted. The way to ensure the successful sports life demands regular participation in exercise together with proper diet, adequate relaxation and good health practices. When the good health and fitness is achieved, the person’s physical and mental

wellbeing is ensured. Hence this study was carried out to determine the role of current sports facilities in the performance of collegiate level players in various tournaments.

Statement of Problem

"Study of Sports facilities and Sports Excellence in Colleges Affiliated to the Rashtrasant Tukadoji Maharaj Nagpur University"

Delimitations

The study will be delimited on the following:

1. The study will be delimited to following Districts.
    - Nagpur
    - Wardha
    - Bhandara
    - Gondia
2. The study will be further delimited to academic colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University
3. Along with the above, the study Rashtrasant Tukadoji Maharaj Nagpur University delimited to maximum 400 colleges (100 each from the selected Districts).
4. The study will consider colleges existing since last more than 10 years.
5. It will also be delimited to
    a. Studying Sports facilities and
    b. Sports Excellence of the students in
        i. Inter Collegiate level tournaments
        ii. Inter University level tournaments

Limitations

- There will be no control over the policies of individual colleges with respect to their sports related activities.
- No incentive will be offered to the participants for providing data
- No control over the budgetary allocation of the individual colleges.
- Lack of complete control over environmental factors will be a limitation.

Objectives of the study

The specific objectives of the study are

- To study the status of Sports facilities in the colleges affiliated to the Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
- To study the status of Sports Excellence of colleges affiliated to the Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
- To study the relationship between nature of Sports facilities and excellence in Indian and Foreign sports
- To study the factors affecting development of Sports facilities in colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
- To study the attitude of physical education lecturers towards development of sports facilities in their respective colleges
- To study the role of UGC in development of the sports facilities in the academic colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

Hypotheses of the Study

- The status of Sports facilities in the colleges affiliated to the Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur is not satisfactory
- The performance of the students of academic colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur is not satisfactory
- There is strong positive relationship between nature of Sports facilities and excellence sports
- There are multiple factors affecting development of Sports facilities in colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
- The attitude of physical education lecturers towards development of sports facilities is indifferent
- UGC plays positive role in the development of sports facilities in academic colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

Definitions and Explanation of Terms

- **Sportsperson:** A sportsperson is a person trained to compete in a sport involving physical strength, speed or endurance. Sports people may be professional or amateur.

- **Sports facilities**: A sports centre offering a variety of different sports facilities, especially under one roof.
- **Sports Excellence**: Sport Excellence, as a component of a leading sport nation, is defined as: World class athletic achievement as a product of quality high performance development systems and programs.
- **Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur**: Rashtrasant Tukadoji Maharaj Nagpur University is a public university, established on 4th August 1923 in the city of Nagpur in Maharashtra State in Central India.
- **Indian sports**: Sports originated in India - Hockey, Kabaddi, Kho-Kho and Kushti are known as Indian Sports.
- **Foreign sports**: Foreign sport is a sport in which the participants represent different countries. The most well-known international sports are cricket, Volleyball, basketball, football etc.
- **Attitude**: A predisposition or a tendency to respond positively or negatively towards a certain idea, object, person, or situation is known as attitude.[6]
- **UGC**: The University Grants Commission of India (UGC India) is a statutory body set up by the Indian Union government in accordance to the UGC Act 1956 under Ministry of Human Resource Development, and is charged with coordination, determination and maintenance of standards of higher education.

[6] *www.businessdictionary.com/definition/attitude.html*

Chapter – II

Review of Literature

In the context of the aim and objectives of this study, a literature review was carried out to study the previous research efforts. The background considered the following aspects on the research question being posed; these are theoretical background, methodology, previous findings, etc. The research gaps were identified and the reviewed literature was used for synthesizing and gaining a new perspective of the issues concerning role of sports facilities in the development of sports in general and the sports performance of the players in particular. The literature review has been presenting in a chronological order, so that it (the review) also indicates the underlying pattern of evolution of thoughts and ideas in the focused domain. Similarly, to the extent possible, care was taken to reproduce the original terminology used by the authors, to preserve the originality of the views.

Houlihan (2000)[7] stated that the increased emphasis on the pursuit of elite international sporting achievement has inevitably meant that the role of the education system, in contributing to elite success has been the subject of considerable debate and a focus for government intervention. Yet school sport remains a highly contested policy area subject to pressure from a range of, often competing, sectoral interests such as education, welfare and elite sports development. The focus of this study is to consider how the policymaking process (with respect to development of sports facilities) for school sport might be theorized and second to illustrate the theorization through an examination f one recent policy initiative: specialist sports colleges.

Mills (2001)[8] has reported that the Anglo-Indians are one of India's constitutionally recognized minorities, a microscopic community of combined South Asian and European ancestry that emerged after the arrival of the Portuguese and other Europeans on the subcontinent. Among the Anglo-Indians' contributions to modern India has been a remarkable involvement in sport that is altogether disproportionate to the community's size. Anglo-Indian schools have long promoted Western sports, and Anglo-Indians have often been India's instructors, coaches and Olympians. As in other fields, Anglo-Indian women

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7 Houlihan, B.(2000) Sporting Excellence, Schools and Sports Development: The Politics of Crowded Policy Spaces,6(2).

8 Mills, M.S. (2001) A most remarkable community: Anglo-Indian contributions to sport in India, Contemporary South Asia,10(2), PP 223-236.

pioneered Indian women's sport. A lasting imprint has also been made with regard to organized games, which continue to be the primary leisure activities of countless Indian service workers. The subject at large encourages a different view of Western cultural influences in South Asia as they now tend to be rather uniformly rejected. In Anglo-Indian contributions to sport in India, we find insight into a Western cultural feature that has been thoroughly integrated into everyday Indian society. The article makes use of textual sources as well as contributions from Anglo-Indian families located in India and several countries of re-settlement.

Kumar and Sathe (2003)[9] Focused on health related fitness of the sportsperson and skills required for performing successfully in sports games. This study concluded that a sports performance of sports persons is highly influenced by technical sports skills. Sports skill-related fitness and Health related fitness both are necessary for giving effective performance in sports.

Justin and Gavin (2003)[10] has stated that sport was used widely in the rehabilitation of British young people who were resident in secure facilities following criminal sentencing, during remand or for welfare reasons. The research uses a quasi-longitudinal observational study in a secure unit, located in Southern England, and questions the suitability of sporting activities used as a primary vehicle for, and mechanism of, rehabilitation. Through the analysis of experiences at the unit, the paper supports the use of those sporting activities which de-emphasise regulations and winning, and argues for an emphasis on choice for participants, the tailoring of programmes to suit individual needs, and on positive feedback. Sport evidently has an important role in youth rehabilitation. However, it should be used selectively because, if unsuitable activities and programmes are used, they may have a detrimental effect on participants. The paper demonstrates the usefulness of qualitative research methods in rehabilitation studies.

[9] Kumar, A & Sathe, V.(2003). "Relative of Effect of Health-related Fitness on Sports Proficiency of Student of Physical Education" Cited by K.M. Sharma" A Normative Study of Health-Related Physical Fitness in School Children of Bastar Division" (Thesis, Bilaspur, Chhattisgarh), pp. 20.

[10] Justin, A and Gavin, A. (2003). Life in a secure unit: the rehabilitation of young people through the use of sport. Social Science & Medicine, 56(3); 531–550.

The study by Rahul and Singh (2005)[11] was mainly based on the contribution done by Delhi state in improving the status of Korfball sports. It also studied the development of Korfball game. There is development in the game of Korfball but still some improvement is required for it. For promoting the game in Delhi efforts should be made. Required facilities should be provided to the coaching centers and players for enhancing their performance. Facilities like gym, sports material, and training equipments are not adequate for the players. For developing the game all the related aspects of the game should be studied. And required improvements should be done.

Those who manage physical education, athletic, and recreation programs have a number of legal duties that they are expected to carry out (Seidler, 2006)[12]. Among these are an obligation to take reasonable precautions to ensure safe programs and facilities for all participants, spectators, and staff. Physical education and sports facilities that are poorly planned, designed, or constructed may cause many problems for those running programs in the facilities. A poor facility may limit the programs that can be offered; make it harder to operate, maintain, and supervise; and significantly increase the participants' exposure to hazardous conditions. These factors can lead to a greater likelihood of injury and can significantly increase the organizations' exposure to liability claims. This study addresses various ways to improve facility design and safety.

Conceptualization and measurement of quality in the field of sport-related services are still in a formative stage, underlining a certain degree of uncertainty or disagreement regarding the set of criteria or the conceptual model that can adequately describe them. This study by Tsitskari (2006)[13] presents a literature review on the evaluation of quality of sport-related services. The results of this investigation provide some interesting findings: that the evaluation of service quality of sport and recreation organizations and installations is a multi-dimensional structure. It seems that these dimensions may vary from country to country and also among different service sectors. Given the centrality of service quality to the mission of

11 Rahul & Rajbir (2005), 'Contribution of Delhi State in the Improvement of korfball".

12 Seidler, T. (2006). Planning and Designing Safe Facilities, *Journal of Physical Education, Recreation & Dance (JOPERD)*, 77(5), p32-37

13 Tsitskari, D. Tsiotras & Tsiotras, G. (2006). Measuring service quality in sport services, Total Quality management & Business excellence, 7(5). PP 623-631.

sport and recreation centres, research toward a better understanding of the nature of service quality should be a primary concern to all organizations.

Kehn and Kroll (2009)[14] have stated that while enhancing physical activity has been an essential goal of public health officials, people with physical impairments such as spinal cord injury (SCI) are more likely to live a sedentary lifestyle. Exercise has been shown to decrease the risk for many of the secondary conditions associated with SCI, including osteoporosis, cardiovascular disease, pressure ulcers, urinary tract infections, diabetes and arthritis, yet this population is rarely a target for health promotion efforts. This paper examines the self-reported exercise experiences of people with SCI using a qualitative-exploratory design. Participants identified a range of both motivational and socio-environmental factors that were either facilitating or constraining of such a lifestyle. Non-exercisers identified barriers to exercise, including a perceived low return on physical investment, lack of accessible facilities, unaffordable equipment, no personal assistance and fear of injury. Exercisers identified facilitators, including personal motivation, independence, availability of accessible facilities and personal assistants, fear of health complications, and weight management.

Croson and Gneezy (2009)[15] present a summary on economic research that examined the impact of gender on sports performance. Distinctively, focal points within the review are related to society and competition. In the end it was concluded that emotional behavior of men and women is totally different which shows gender difference between them. Maccoby said that this question could not be answered in single question that how much men and women differ in gender variances. Native aspects have more impact on these situations.

Finch et al., (2009)[16] investigated the under-explored area of safety in multi-purpose recreation facilities (MPRFs). Facility managers and other managerial staff (key informants) from four MPRFs in Victoria, Australia participated in semi-structured interviews. Safety was considered important from Occupational Health and Safety (OH&S), business viability and legal liability perspectives but not from a health promotion or public health point of

[14] Kehn, M and Kroll, T. (2009). Staying physically active after spinal cord injury: a qualitative exploration of barriers and facilitators to exercise participation. BMC Public Health, 9, 168.

[15] Croson R. Gneezy, U. (2009), Gender differences in preferences, *Journal of Economic Literature*, 47(2): 448-74.

[16] Finch, C.; Donaldson, A.; Mahoney, M and Otago, L. (2009). The safety policies and practices of community multi-purpose recreation facilities Safety Science, 47(10), pp.1346-1350.

view. Most implemented injury prevention measures required gymnasium and pool staff or users to change their behaviours. Awareness of safety standards was higher for some operational areas (e.g. aquatics, child-care) than others (e.g. gymnasium, group fitness activities). Reported factors influencing safety in MPRFs were classified into three types: internal (e.g. training, culture); external (e.g. weather, demographic change); and governance (e.g. insurance, industry standards). Comprehensive, relevant and accessible industry safety standards, which focus not only on OH&S but equally on health promotion principles and public health perspectives linked to injury prevention, are required. Training is needed to reflect these broader and equally important perspectives. Health/injury, fitness/recreation and insurance sector links should be improved to ensure a consistent, sustainable approach to safety.

Participation in strength training is important for older children or young adolescences who wish to improve fitness or participate in sports. When designing strength training programs for our youth this age group is immature anatomically, physiologically, and psychologically (McDaniel et al., 2009)[17]. For the younger or inexperienced group the strength training activities may include push-ups, sit-ups, lunges, or pull-ups without barbells or dumbbells. These activities employ one's body weight as resistance. After training at this level those who demonstrate progress may move to machines that provide resistance or dumbbells. When the preparation is sports related the training goals should focus on developing power and strength related to sport specific skills. These types of exercises may be used for those who are entering puberty. Benefits include increasing muscular strength, muscular endurance, body composition and sports performance. The primary objectives throughout all levels of youth training are safety, fitness, health, and enjoyment.

Shrivastava et al., (2010)[18] examined the cognitive, affective and cognitive aspects of personality contributing in high level sports performance. Tests of FDI cognitive style, sensation seeking, attribution style (locus of control scale) were administered on the interuniversity players (high level performance group) and on intercollegiate players (low

[17] McDaniel, L.W.; Jackson, A. & Gaudet, L., (2009). Strength Development for Young Adolescents, *International Education Studies*, 2(3), p18-22

[18] Shrivastava, P., Venugopal, R & Singh, Y. (2010). A Study of Personality Dimensions in Sports Performance, *Journal of Exercise Science and Physiotherapy*, 6(1), pp. 39-42.

level performance group). The results of the discriminant analysis indicates that the two groups of players were significantly different in their cognitive style, attribution style, and sensation seeking personality dimensions discriminant function (Wilks lambda=0.82, p<.001). Significant F ratio indicates that the three personality dimensions differentiate individually, the two groups in sports performance. The personality dimension attribution style (external locus of control) in sports performance contributed for high level performance. Sensation seeking contribution was found to be lowest of the total variance.

Prins et al., (2010)[19] aimed to identify individual and environmental predictors of adolescents' sports participation and to examine whether availability of sports facilities moderated the intention–behaviour relation. At baseline, adolescents completed a survey that assessed engagement in sports participation, attitude, subjective norm, perceived behavioural control and intention towards sports participation. Availability of sports facilities (availability) was assessed using a geographic information system. At follow-up, sports participation was again examined. Multiple logistic regression analyses were conducted to test associations between availability of sports facilities, theory of planned behaviour variables and the interaction of intention by availability of sports facilities, with sports participation at follow-up. A significant availability × intention interaction effect [odds ratio: 1.10; 95% confidence interval: 1.00–1.20] was found. Simple slopes analysis showed that intention was more strongly associated with sports participation when sports facilities were more readily available. The results of this study indicate that the intention–sports participation association appears to be stronger when more facilities are available.

Chikate (2015)[20] has stated that every five years plan, UGC introduces new schemes for university and colleges for the developments and insists to implement them. In the 10th plan, UGC provided "Special Development Grants for Young Colleges". The objective of the scheme is to provide an additional special development grant to young colleges who have been included by the UGC under Section 12 (B) of UGC act, 1956 in IX plan and this

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19 Richard, G., Prins, P.V., Empelen, J., Velde, A., Timperio, F.J., Lenthe, N.I, Tak, D., Crawford, J and Brug, A.O. (2010). Availability of sports facilities as moderator of the intention–sports participation relationship among adolescents .Health Education Research, 25(3) PP 489–497.

20 Chikate, A.N. (2015) Special Development Grants For Young Colleges During University Grants Commissions Tenth Plan: With Special Reference To Schemes Related To Library Books, Journals And Library Automation - KLA – RJ, 5(2)

scheme aims to ensure the equity and access of higher education to deserving colleges. The assistance available under the scheme will be in addition to General Plan Development Fund for X plan. The UGC has been running this scheme allover India, but scope of the study will be restricted only the colleges which are affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur. There are 29 colleges under the study. Out of them 20 (68.97%) colleges have responded, 09 (31.03%) colleges have not responded.

Singh (2017)[21] investigated the achievements of Shaheed Kanshi Ram College of Physical Education Bhagoo Majra, Kharar, Mohali. Case study and interview method were used by the investigator and Data were collected from the primary resources i.e. from Teachers, Students and Members of management committee of college. The findings of the study have been presented in different section. College has eight rooms, seven laborites and a library having more than 4000 books in physical Education and other allied areas catering to the need of about 350 members [both faculty and students]. This college is spread over 26 acres of land have different tracks. College has 2 boy's hostels and 2 girl's hostels. There are 18 facility members who deal to teaching learning process and six non- teaching staff member for doing clerical work and seven fourth class members. College show great achievements in different fields like in education, in sports and games and also co-curriculum activities.

Conclusion

It is apparent from the literature review that research work was carried out on the related subject however; there is ample scope of doing research in this field. It was also evident from the literature survey that no to very less work is done in this particular field. The research gaps were identified by the researcher during the course of literature survey and by considering its scope, the topic, "Study of Sports facilities and Sports Excellence in college Affiliated to the Rashtrasant Tukdoji Maharaj University, Nagpur" was selected by the researcher for the study.

[21] Singh, K. (2017) Case study shaheed kanshi ram college of physical education Bhagoo Majra, Kharar, Mohali. International Journal of Yogic, Human Movement and Sports Sciences, Yoga. 2(2),pp 245-247

Chapter – III

Research Methodology

The present chapter deals with the methodology to be used in the proposed study. The chapter presents information regarding the design of the study, sampling and data collection procedure, development of the research instrument, statistical analysis of the data, etc.

Design of Study and Sample Size

The design of the study will be random group design, where 400 physical education teachers will be selected from the colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur randomly.

Data Collection

Data collection will be done by using survey methodology and by using a structured questionnaire. Survey questionnaires will be used as they are typically used for feedback research to determine the current status or "situation," or to estimate the distribution of characteristics in a population. The questionnaire will be prepared by keeping the objectives of the study in mind. Care will be taken to cover all the objectives of the study. Care will be taken so that the concepts are clearly defined and questions unambiguously phrased; otherwise, the resulting data are apt to be seriously misleading. To overcome this problem, a series of draft questions will be written covering all the objectives of the study.

Reliability estimation of the questionnaire

Reliability is a measure of how consistent the results of using a survey questionnaire will be. By consistent we mean that respondents understand the true meaning of the question as it is stated. Reliability is often first determined using a "pilot test" with the proposed survey questionnaire and might also be repeated with the final version. Reliability of the instrument will be assessed using the test-retest method, which allows determining the repeatability of the instrument.

Pilot Study

The researcher himself will perform a pilot study on the physical education lecturers working in the colleges affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur. All the test items will be applied on a small group and any problems faced during

testing, will be identified and rectified following standard procedures. The results of this study will be analyzed and evaluated as to whether the purpose and the goals of the study will be achieved. The test items and procedures will be revised, modified or altered as per the needs so as to remove the identified problems and any shortcomings in achieving the goal of the administered test.

Reliability of Empirical Instrument

The degree to which a score will stable and consistent when measured at different times (test-retest reliability), in different ways (parallel-forms and alternate-forms), or with different items within the same scale (internal consistency). "Reliability refers to the consistency of scores obtained by the same individuals when reexamined with the same test on different occasions or with different sets of equivalent items or under other variable examining conditions."---Anne Anastasi

Test Retest Reliability

The test-retest reliability of a survey instrument will be estimated by performing the same survey with the same respondents at different moments of time.

Validity

The validity of a measure refers to the extent to which it measures what it intends to measure. Three different types of validity will be considered:

- Content validity (content of the questionnaire will be determined on the basis of the literature used)
- Criterion-related validity (In the proposed study criterion related validity will be checked using suitable statistical method)
- Construct validity (In the proposed study construct validity will be checked for validation of the construct)

Statistical Procedure to be employed

The data characteristics (descriptive statistics) such as Frequency, Mode, etc. will be determined. A suitable inferential statistical method like Chi-Square method will be used to analyze the data. The data will be analyzed using SPSS 18.0 Software.

Significance Level

The significance level will be chosen to be 0.05 (or equivalently, 5%) by keeping in view the consequences of such an error and to make the significance level as small as possible in order to protect the null hypothesis and to prevent, as for as possible, from inadvertently arriving at false conclusion.

Chapter – IV

Analysis of Data and Interpretation of Results

Once the data is collected and scored, Chi-Square Statistic will be used to ascertain the relation between the variables, so that wide spreaded scores could be reduced into interpretable form, which then can be used to draw inferences. The significance level will be 0.05.

Chapter – V

Summary and Conclusions

Summary of the thesis will be presented and presented in this section and on the basis of the results; conclusions will be drawn along with suggestions and recommendations.

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